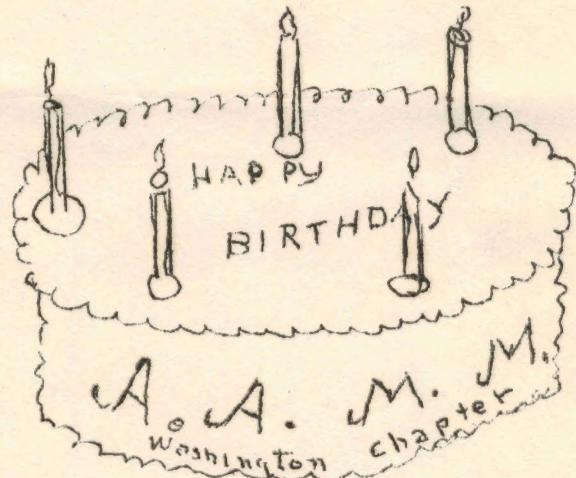




A. M. M.  
NEWS

WASHINGTON CHAPTER  
AMERICAN ASSOCIATION OF MASSAGERS & MASSUSES

Arthur Dunbar--Editor Milton A. Niedfelt --Assistant  
December-1953---- January 1954 805 E. Denny---Seattle Wash.



New Year ..... THIS IS THE YEAR OUR

DREAMS COME TRUE....No longer do we postpone our "GOOD" until some other year, or some other place. We give thanks that Now is the time. We give thanks that nothing can stand between us and success! This is the Year that our A.A.M.M. will succeed! Happy New Year! Happy Birthday!

## OUR MONTHLY MESSAGE

BY

MR. ARTHUR MANN  
Washington State President

Dear Members; I am sorry to announce the passing on of one of our very active members, who was the President of our Seattle Local Chapter. We of the Seattle Chapter feel the loss deeply and shall miss his congenial presence at our regular meetings. He was an inspiration to all those with whom he came in contact in the profession..

It has been called to my attention that we have lost several of our members thru failure to pay membership dues on time. According to our By-Laws Article 3 Section 7,8,& 9 our state secretary was acting according to our National By-Laws, however we feel there is a great need for an inactive membership list for those who are temporarily financially embarrassed, who upon payment of their dues would like to become active members again. There is now no provisions made for this purpose. It would have to be taken up at the next National Convention.

Cont'd

~~Short & Witty~~

I feel that at this time it would be an opportune moment for each member to make a New Years resolution to get at least one new member before our State Convention in June. So lets all put forth our best efforts.

Arthur D. Mann

---

E-D-I-T-O-R-I-A-L

This is the FIRST ISSUE in 1954--- Your Editors and your State President agreed that we would send each member in the State of Washington two copies of this issue. The purpose is this; Each member can and is requested to send his extra copy to a PROSPECTIVE MEMBER, with a letter of your own.

You can write and tell them more about the A.A.M.M. or you can just write and tell them that you will get an application for them to join, which you can get from your Editor, or from Mr. Bloom our State Secty Treasurer. --- Let us have a good report from you. Do it now, and see what fun it is to write people and tell them about the A.A.M.M.----START THE NEW YEAR RIGHT!

---

E-D-I-T-O-R-I-A-L

THE WAY THE WIND BLOWS

This month your Assistant Editor came across some very enlightening information. Speaking to one Masseur not a member of our Organization he said "I'm getting out of the Massage business as soon as I can. It don't pay".

The other technician was very sorrowful that they had sent patients to another technician, a staunch friend, and the patient came back with the report that they had been quite unprofessionally treated. Both of these technicians were members of the A.A.M.M.

Let us point out that this is a good indication of what the A.A.M.M. is doing. Too many of us bear complaints badly. Too many of us make complaints unthinkingly---But your Assistant Editor is impressed with this information because it is beginning to point the way, the path the Massage Technicians will travel.

The one person, not a member, and probably never too interested in the Massage Profession will have to quit. The other is a member, has the love and affection of another Technician and sooner or later this love will help correct and influence the Member who has slipped, or probably is ignorant of their weakness.

We should organize. We should get all real Massage Technicians into our group. Sooner or later we will learn to help each other. We must have one mind and one thought PROMOTE MASSAGE PROFESSION. That is the direction the wind seems to blow.

---

Quote " Thank you very much for the Washington State A.A.M.M. News you send me. I keep my copies to show my patients.

Sincerely Mrs George T. Brown (From Georgia)  
A.A.M.M. Member

---

NOTICE---NOTICE

Funeral service--Paul George

President Seattle Local

Funeral Service for Paul George 59, president of the Seattle Chapter of the American Association of Masseurs and Massuses was held at Daniels West Seattle Mortuary, 5:00 P.M. Saturday December 19, 1953. Services also were held Monday December 21, 1953 in Wenatchee Washington. George Died December 17th 1953, of a heart attack, at his Massage Parlor, The West Seattle Health Center 3213 California Ave.

**A.A.M.M. news.**

George was a member of the West Seattle Baptist Church.

Borne in Ohio, Mr. George moved to Wenatchee when he was 7 years old. He lived there until he came to Seattle three years ago.

Surviving are a daughter, Mrs. R.A. Iderstein, Kent; a son, Paul George, Tucson Arizona; three brothers C.C. George, Leavenworth, Chelan County; M.R. George, Wenatchee, and W.H. George, Silverton Ore.

oo

The Seattle Local, and the Washington State Chapter both contributed nice flowers and a number of Seattle members attended. In Wenatchee Mrs. Pansy Specs represented the A.A.M.M. and attended the funeral. She writes the following.

" I went to Mr. George's funeral last Monday at 2:00 P.M. at Jones and Jones Funeral parlor. Rev. Taylor Harvey preached the funeral sermon, a very nice sermon, telling that he became a christian in earlier life. I'll send you the Remembrance Card. \*\*\*\*\* I sure enjoy the A.A.M.M. News."

Signed Pansy Specs, Wenatchee Washington.

**Editor Note:** Personal references from letter omitted.

#### REMEMBERANCE

God hath not promised---- Skies always blue,  
Flower-strewn pathways-- All our lives through;  
God hath not promises---Sun without rain,  
Joy without sorrow--- Peace without pain.

But God hath promised---- Strength for the days,  
Rest for the labor,---- Light for the way.  
Grace for the trials---- Help from above;  
Unfailing sympathy Undying love-----

---

#### Some Light on the MEDICO" Problem

By

D.S. Carlson, National  
Secty-treas A.A.M.M.

For the National to set a definite policy in relation to medicos would be a mistake at this time. You cannot always educate members to your own way of thinking, that takes plenty of time and education. Every State has a problem all its own, and how the members feel in that state depends on what the circumstances are in relation to the medicos. The Masscurs in Minnesota never went contrary to the medicos, nor opposed them, but tried earnestly to work with them, now where are they? They just "AIN'T!" They are frozen out through legislation, no longer recognized as a profession.

The Medicos do not speak our language, there is bound to be conflict in views, we do not have to go out of our way to antagonize them, but we do not have to fraternize with them. We should stand on our own two feet & with confidence that we have what the public wants. We do not have to court the favor of any other profession, but we can be gentlemen and act like professional people in respecting the other fellows view point as well as our own.

Our Organization takes the position that we are entitled to a MASSAGE act, and we go about it as if we expected it.

(Signature) D.S. Carlson

Taken from a letter by Ermel Rothgeb. Ermel Rothgeb was the first Washington State Secty-treasurer. Thanks Ermel.

Quote" I have been intending to write and tell you what a wonderful job you are doing on our magazine. After January 1, will send you an article and then when you need something to fill in, you can use it.

I did like the article you wrote Milton, and the article by Murray. The whole magazine is interesting and I look forward to getting it. I know it is hard work and our magazine is so worth while. Mr Dunbar is a very wonderful person too.

Ermel Rothgeb, Bx 75 Winthrop Washington

WASHINGTON CHAPTER  
FIFTH YEAR ANNIVERSARY  
January 30, 1954

On January 30, 1954 The Washington Chapter, and the Seattle Chapter will celebrate the fifth year anniversary of the receiving of their charter. It is sufficient here to say that we had a banquet at Fred's Cafe and had a very good time, and the already organized group that had worked for a long time, received the State Charter, and the Seattle Charter of the A.A.M.M. at the same time, and what does this anniversary bring to our A.A.M.M.!

As Mr. Carlson our National Secretary says. We must stand on our own two feet. Probably we are the fastest growing organization of its kind in America. But there are a number of problems that meet us at this anniversary. Nothing to run away from, just problems to face and overcome..... When we admire other organizations we must salute them, because they gained ground and success by hard work. So it will be with our organization, and now lets us dedicate ourselves on this birthday, to solving a few problems.

The Editor of this paper is aware of some of these problems, and for members to know all about these problems would be fine, but we can't whip the whole world at one and many of these things must be put off to future times when we have the numbers and influence to handle them.

To get these things done we must lay the foundation by having a united mind and united heart in our work. For instance, the division between masseurs and the Physical therapists in Washington State should be mended. Why does half of our profession the Physical Therapists have an inadequate law covering them, and the remainder of our profession the Masseurs have none at all. Isn't this "Bumping our heads together" and playing one group against the other?

Why are certain massage groups, especially in Seattle seemingly not interested in our A.A.M.M. ---After all they get benefits from the work our A.A.M.M. does.

Now as we look upon our anniversary, sure we can see a lot of things our A.A.M.M. has accomplished.... But there is this foundation that must be laid in a united mind and effort if we are to gain the prestige that we need to get our profession recognized by the people the way it should be recognized. as the dentists are recognized, and hair dressers and barbers.....

Many of our members are not aware that it is to their interest to do some studying---Schooling is not going to hurt any of us. And our profession depends on the dignity and education our members possess,

A.A.M.M. News Sheet 5

as well as the way they conduct themselves.

So here is hoping that in our next issue we will get a lot of letters telling us what experiences we have had on account of the 5 years we have had our Charter. You write your letters to the Editor we will print them (or parts of them) if possible.

So herewith your Editors and Officers wish each of you  
HAPPY A.A.M.M. BIRTHDAY!

Fay Brownlie, National Executive Board Member from Iowa says viz;

"Thanks for sending me the Washington State A.A.M.M. News. I enjoy it so much." Fay Brownlie has the problem of our National Convention.

---

E-D-I-T-O-R-I-A-L

by

Arthur Dunbar, Editor

This week we here in Seattle buried one of our most prominent members our President of Seattle Local, Mr. Paul George. Too we who knew him it was a great loss, a stunning shock, and loss of a true friend. To those who didn't know George I might say they lost a friend none the less.

George's death at too early an age prompts me to write a few words regarding all of our people. George was a hard worker. He worked long hours, he gave his all to every treatment he gave. He was conscientious endeavoring to do the utmost for every person he treated. He like many the rest of us worked hard, long hours, days, weeks and years, with few vacations and little other time off for necessary recreation.

The later point is? I think very important to we who work with other people who are not well. We come into very close proximity to those who are ill and who are lacking in the vital forces. To everyone we treat we give some of that vital force from our own supply.

There for the law of nature stands that we who give from our supply must replenish that supply or the inevitable will occur. and too often death itself, when illness comes our way. Each and every one working as we do should make it an obligation to ourselves that we must get away from our work at regular and frequent intervals to rest, play and work at other things that will relax and rebuild our systems, replenishing that which our system needs and that which we have given to those who have come to us to whom we have given generously of our supply.

This note with our dear friend Paul as the moving force is written with others in mind. George worked hard for the past years and became ill about a month ago after a few weeks of rest and recuperation again resumed his work. A few days back at work and we were all shocked by the news of his death. It meant that he had spent much of his own reserves and had not enough to meet the crises in his own health.

There are several others of my acquaintances who are showing the same symptoms of overwork and under relaxation. The handwriting is high on the wall I do hope they will heed the signs and take the proper steps to rebuild before it is too late.

We can ill afford to loose men or women of the caliber of Paul George, our organization and our clintal need them too much.

May your Editor thank each and every one for their support and encouragement and may I wish you all a most prosperous new Year.

Arthur Dunbar, Editor.

Sheet 6 A.A.M.M. News

We are very grateful to the advertising manager of the Seattle Times for the following letter congratulating our Washington Chapter of the A.A.M.M. on our 5th Anniversary.

SEATTLE----- TIMES  
Seattle Washington  
November 27, 1953

Mr. Arthur Mann, President  
Washington Chapter  
American Association of Masseurs & Masseuses  
14538--Whitman Avenue  
Seattle, Washington

Dear Mr. Mann;

May I, on the occasion of the 5th Anniversary of the founding of the Washington Chapter of the American Association of Masseurs and Massuses here in Seattle on January 30, 1949, extend the best wishes of The Seattle Times to you and your membership.

It was my pleasure to meet with you personally on that occasion which marked the beginning of a very pleasant and mutually beneficial relationship. Your good member, Mr. Milton Niedfelt, has been particularly helpful on many occasions in discussing our problems as they relate to your profession.

The formation of the Washington Chapter was a real step forward in proving the status of your profession for the good of the public and your own membership.

Our very best wishes for your continued growth and every success to your organization and its membership.

Sincerely  
Signature Lester P. Jenkins  
Classified Advertising.

AND THIS ONE  
ALSO:

The City Council of  
THE CITY OF SEATTLE  
November 24, 1953

Mr. Arthur D. Mann, President  
Washington State Chapter of the American  
Association of Masseurs and Massuses  
14538 Whitman Avenue  
Seattle 33, Washington

Dear Mr. Mann;

It seems but yesterday, and yet it was five years ago, that it was my privilege to meet with your organization at your Convention and point out to you the value of an honorable profession like yours, to the citizens in general, and to your own profession in particular.

During these five years, it was my privilege as a member of the City of Seattle's License Committee, and as its Chairman, to watch your profession at work. At no time during the five years was there any objections lodged with us against any of your members. On the contrary-- we have always taken notice of the fine manner in which

the profession conducted itself. Your honesty, integrity, and skill met with acclaim.

It is with pleasure that I greet you again and extend to you my heartiest congratulations and wishes for the continued prosperity of your organization and the individual members of the same.

Sincerely (Signature) David Levine.

PHYSICAL FORCE IN TREATMENT  
CONTINUED FROM PREVIOUS ISSUE

BY John R. Murray----- Port Townsend.

The Scope of Physical Therapy

Physical Therapy has been proven of definite value in many conditions. In acute and chronic traumatism, various forms of rheumatic and arthritic conditions. Physical Therapy has helped many kinds of paralysis, and other organic and functional disorders of the nervous system. Chronic diseases of the heart and blood vessels, nose throat and skin lesions, acute and chronic inflammatory conditions of the genitl organs have benefitted. The writer once saved a young woman, age 26, from pelvic surgery. She had been advised that a hysterectomy was absolutely necessary. By the use of massage and electro-therapy, recovery was complete. She married and later gave birth to twin daughters.

The advantage in employing physical remedies are many. They can be applied to the affected parts in acute conditions, and usually give immediate relief. In Chronic conditions, patient and systematic application is most necessary. There is no danger of habit forming, as in the case of certain drugs. Injuries and diseases in the acute state have a natural tendency to reestablish the normal. It may fail to do so for several reasons. The general organism may become so weakened that it is unable to produce the necessary energy to combat the disease. It is also possible that an organ so weakened or materially changed by repeated attack of disease cannot return to its normal functions. Physical measures offer much help in overcoming some of these conditions. These measures may include, body massage, tonic measures, as baths, some forms of electrical stimulation, sunlight and fresh air, will do a great deal to build general body strength. Local treatment of the affected parts or organs, will help to combat a local infection, by restoring circulation & nutrition.

It is basically a proper blending of treatment bearing upon the case, that will give the best results, rather than upon any single method.

APPARATUS VERSUS SIMPLE MEASURES

It is not necessary to possess a larg array of mechanical equipment to produce the few basic physical and physiological effects. Simple hot & cold applications, active & passive exercise can do a world of good by them selves. Our five senses and clinical experience unaided, should be adquate to solve many problems. On the other hand so much progress has been made in mechanical and electrical apparatus, that a saving to ones own body energy and time is getting results. The advantage of modern electrical & light equipment, over some of the older crude methods, are just as evident, as the improvement in transportation over the horse & buggy days. The finer & more varied the control, and the more accurate the measurement of the energy output, the more dependable will be the clinical results.

John R. Murray --1242 Jefferson St Pt. Townsend.

See Sheet 8--

Sheet 8--

Pertinent question. Do Massage Technicians massage as a profession, or as a waiting period waiting for some other job?

A Letter from Della Mae Sumner  
of Vancouver Washington  
December 18, 1953

Dear Mr. Dunbar,

I was very happy to receive a copy of the current A.A.M.M. News. I want to congratulate you on the wonderful work that you are doing. I enjoyed each and every article.

The article written on Fear by our President, Mr. Mann, is so very true and certainly is Food For Thought. I wish to complement you on your editorial and the article you wrote on your technique for nervous patients. More power to Milton Niedfelt, we should all get in there and boost to let the public know what the A.A.M.M. stands for. The feature article written by Blossom Gladys Hendricks covers the subject very well in my opinion, inasmuch as I have specialized in the treatment of Arthritis, Bursitis, and Neuritis.

In accordance with the above subject, I might mention that I have found the book written by Dan Dale Alexander entitled Arthritis and common Sense, (New Revised Edition), to be very helpful. By using the diets that he recommends, together with the massage and heat treatments, I have had excellent results in the treatment thereof.

I have an appointment after the first of the year with Mr. Betz, assistant manager of the Evergreen Hotel, to discuss details of the banquet in regards to the price of rooms, banquet, etc. I will notify the President as soon as I obtain all the details.

If you care to do so, you may use these comments in your next publication.

I wish each and every one a very Merry Christmas and a Happy and Prosperous New Year.

Fraternally yours Della Mae Sumner.

Part of a letter from Mr. Samuel G. Dahlgren, 1104--4th Ave Nov 5-1953  
Fargo N.Dak.

Mr. Samuel Dalgren attended our National Convention, joined us there and went back to Fargo to Organize the A.A.M.M. there. He says "Quote" Well we have five members here in N. Dak. now. But oh! what a job to try to get them to join. They got all the excuses in the world. We are going to Organize the 1st part of December.

The pictures (Ed. he took movies at our convention and the Coulee Dam) turned out pretty good of the whole trip. They were good of the falls. I went to Seattle after I left you (Niedfelt) and was there for a few days. Etc.....

NOTICE.....

Pass your A.A.M.M. News to another Massage Technician, with a letter explaining that you will get an application----- maybe other Massage Technicians would like to know about the A.A.M.M. also. Don't be selfish!

M-E-E-T-T-I-N-G

N-O-T-I-C-E

January 10--Niedfels Place, 8:00 P.M. --- However since

Our Paul Eggge passed away. Plans have been disturbed. The next meeting will be at the home of Milton A Niedfelt--805 E Denny, our Vice President. Mr. Niedfelt will take over where George left off.... In respect to Paul, please attend this meeting. If in doubt phone your secretary Treasurer Regina Williams, or Milton A Niedfelt

It's a cinch that one or two cannot build an organization. Lets all turn out and BOOST. Our next meeting will be Sunday Jan. 10th and notices will be mailed at least one week ahead. So that there can be no excuse for not coming except for illness.

Paul George, Seattle President

---

EDITORIAL

HOW TO BOOST THE A.A.M.M.

by Milton Niedfelt

Massage has continued to be used down through the centuries so we have often been told--- But still today, many people look upon our profession with askance. It seems to this writer that it is up to we Massage Technicians to tell the whole world justwhy we need this basic science, massage. What part it plays in our civilized life, and the part the A.A.M.M. are playing to provide the best Massage there is for humanity.

It is true that our Association has put a leaflet out telling people "LITTLE KNOWN FACTS ABOUT MASSAGE", but this is not enough. Not long ago this writer wrote 250 Chamber of Commerces, and from these we received the names and addresses of 600 Massage Operators outside of the big towns and cities.

There are too few Massage Technicians in 160 million population. We have a real job. It means we have an open field ahead of us. It means we have no COMPETITION, it means that we are Pioneering in our profession, and it is up to us to organize our Technicians and show people what we mean when we say "MASSAGE". The people realy know nothing about our profession and it is up to us to scatter the seed of Massage everywhere. To grow a crop of good technicians and a good crop of Massage Advocates, everywhere.

People are asking "Why Massage?"--It is up to we members of the American Association of Masseurs and Massuses to "LAY IT ON THE LINE"--To spread the gospel of Massage, here and everywhere by mouth, by writings, and deed, and most of all by efforts directed by our Officers of the A.A.M.M. Not only must we sell ourselves, but we must Pioneer and SHOW THE PUBLIC.

This is part of what is ment when we ask you to BOOST our organization and support its officers. Unless you try to do some of these things and other things JOINTLY WITH OTHERS OF THE A.A.M.M. to BOOST our organization, your efforts degenerate into some form of trouble. The cure for this degeneration is to get busy and BOOST. Get new members, provide novel and interesting activities, to interest people and particularly other technicians in Massage. Enhance our meetings with plans, and inspire other members.

By Milton Niedfelt.

